

Senior Lunch Social March 2016 Menu



SENIOR LUNCH SOCIAL HEALTH & WELLNESS RECREATIONAL ACTIVITIES INTERGENERATIONAL GARDEN

Time: 12:00-1:00pm on Tuesdays, Wednesdays, Thursdays. Any extra meals are given to our waiting list patrons, so please arrive by 12:15pm.

Eligibility: One free meal a week for age 60 and over, City of Austin residents. A \$5 fee for lunch applies for those not eligible.

Reserve your meal: Call or e-mail us at (512) 974-1700 or rani.arni@austintexas.gov 7 days in advance during business hours. *Vegetarian meals available by request.

Wednesdays are vegetarian meals only. We are limited to 40 seats for lunch.

First time participants: Please call 512-974-1700 to register for program.

<p>Tuesday, March 1</p> <p>Chicken w/Ginger & Scallion, Mixed Pickled Veggies, Brown Rice, Fresh Fruit</p> <p>Veg. Entrée: Stir-fried w/Tofu Seitan, Shiitake Mushroom & Veggies</p>	<p>Wednesday, March 2</p> <p>Paneer Tikka Masala, Dal Makhani, (Lentils w/tomato) Roti (2), Spinach Rice, Fresh Fruit</p>	<p>Thursday, March 3</p> <p>Gyro Vermicelli Noodle Salad, Basmati Rice, Fresh Fruit</p> <p>Veg. Entrée: Noodle Salad w/ Mixed Veggies</p>
<p>Tuesday, March 8</p> <p>Stir-fried Chicken, Mixed Veggies, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Grilled Tofu, Seitan, Shiitake Mushroom</p>	<p>Wednesday, March 9</p> <p>Cauliflower Mutter Masala, Mixed Daal (blend of 5 lentils), Puri (3) Basmati Rice & Fresh Fruit</p>	<p>Thursday, March 10</p> <p>Vietnamese Beef Stew (Bo Kho), Toasted Bread, Fresh Fruit</p> <p>Veg. Entrée: Fried Tofu & Eggplant</p>
<p>Tuesday, March 15</p> <p>Winter Melon w/Pork Soup, Mixed Veggies, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Winter Melon w/Tofu</p>	<p>Wednesday, March 16</p> <p>Saag Paneer (Spinach w/Cheese), Black Eyed Peas Soup, Roti (2), Vegetable Pulao & Fresh Fruit</p>	<p>Thursday, March 17</p> <p>Lemongrass Chicken Vermicelli w/ Organic Spring Mix, Fresh Fruit</p> <p>Veg. Entrée: Seitan Vermicelli</p>
<p>Tuesday, March 22</p> <p>Braised Pork & Egg, Steamed Rice, Mixed Pickled Veggies, Fresh Fruit</p> <p>Veg. Entrée: Braised Tofu & Eggplant</p>	<p>Wednesday, March 23</p> <p>Bagare Bengan (Eggplant w/ Potato Curry), Toor Dal, Puri (3), Cumin Rice & Fresh Fruit</p>	<p>Thursday, March 24</p> <p>Steamed Ginger Tilapia, Mixed Veggies Brown Rice, Fresh Fruit</p> <p>Veg. Entrée: Veggies Delight w/ Broccoli, Bean Sprout</p>
<p>Tuesday, March 29</p> <p>Pork Meatballs, Bean Thread Noodles, Baked Veggies, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Tofu & Squash</p>	<p>Wednesday, March 30</p> <p>Mixed Veg Stirred, Chole Masala (Garbanzo beans), Roti (2), Quinoa w/Spices, Fresh Fruit</p>	<p>Thursday, March 31</p> <p>Braised Herbal Chicken, Grilled Veggies, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Braised Herbal Tofu</p>

Schedule of Activities—March 2016

Recreational & Intergenerational Community Education

9:30am to 11:30am: Join us for free tea and coffee

9am to 2pm: Recreation Social—Come play games such as table tennis, Go (weiqi), chess, checkers, mahjong, mancala, Go. Stop!, hanafuda, Sudoku, caroom, Asian satellite channels, computer basics and help, etc. **Karaoke by request from 1-2pm when AARC Ballroom is available.**

12:45-1:30pm: ESL 英文課 for Chinese speakers on Tuesdays & Wednesdays. Thursdays by request only in Classroom 8.

Tuesday, March 1	Wednesday, March 2	Thursday, March 3
<ul style="list-style-type: none"> 10:30am-12pm Ip Sun Tai Chi w/ Amy / 太極 / 태극권 (Ballroom) 	<ul style="list-style-type: none"> 10:30-11:30am Doll Making 娃娃製作 (Rooms 3&4) 	<ul style="list-style-type: none"> 10:30am-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)
Tuesday, March 8	Wednesday, March 9	Thursday, March 10
<ul style="list-style-type: none"> 10am-12pm Badminton / 羽毛球 (Ballroom) 	<ul style="list-style-type: none"> 10:30am-11:30am Gentle Yoga 瑜伽 / 요가 w/ Navvaratri (Ballroom) 12:30-1:30pm Dog Blanket Making 縫被子給狗 (Rooms 3&4) 	<ul style="list-style-type: none"> 10am-12pm Badminton / 羽毛球 (Ballroom)
Tuesday, March 15	Wednesday, March 16	Thursday, March 17
<ul style="list-style-type: none"> 10am-12pm Badminton / 羽毛球 (Ballroom) 	<ul style="list-style-type: none"> 10:30-11:30am Heartfulness Meditation (Ballroom) 	<ul style="list-style-type: none"> 10:30am-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)
Tuesday, March 22	Wednesday, March 23	Thursday, March 24
<ul style="list-style-type: none"> 10am-12pm Fitness 健身 DVD of choice (Ballroom) 	<ul style="list-style-type: none"> 10:30am-11:30am Gentle Yoga 瑜伽 / 요가 w/ Navvaratri (Ballroom) 12:30-1:30pm Dog Blanket Making 縫被子給狗 (Rooms 3&4) 	<ul style="list-style-type: none"> 10am-12pm Badminton / 羽毛球 (Ballroom)
Tuesday, March 29	Wednesday, March 30	Thursday, March 31
<ul style="list-style-type: none"> 10am-12pm Fitness 健身 DVD of choice (Ballroom) 	<ul style="list-style-type: none"> 10:30-11:30am Doll Making 娃娃製作 (Rooms 3&4) 	<ul style="list-style-type: none"> 10am-12pm Fitness 健身 DVD of choice (Ballroom)

Transportation Schedule—March 2016

Limited transportation available for seniors eligible and registered for Senior Lunch Social **once a week**. Please refer to our Senior Lunch & Transport Guidelines or call 512-974-1700 for more information. Transportation participants must still follow guidelines for registering for Senior Lunch Social.

Route Schedule:

- Stops with less than 3 people for pickup are subject to cancellation.
- Route schedule may be subject to change due to demand and need.

Pick-Up & Drop-off:

- Pick-up time and reminders will be sent to participants 1-2 days prior by e-mail. Please call the AARC for pick-up time if you do not have e-mail access.
- Participants should bring their Parks & Recreation ID passes that list their stop to ride in AARC van. New passes are made upon registration and first visit to AARC.
- The AARC can only pick-up and drop-off at the same location.

Changing Pick-Up/Drop-Off Locations:

- Participants must notify AARC staff **7 days in advance** if they would like to change stops.
- Stop changes are limited to accessibility accommodations or changes of address.

B	Tuesday, March 1 Pickfair Park, Spicewood Parkway, Rustic Rock	Wednesday, March 2 Yaupon, Dianella, Mountain View Park, Evening Primrose	Thursday, March 3 Trailhead Park, Mellow Meadow, Hunters Chase
A	Tuesday, March 8 Yaupon, Dianella, Mountain View Park, Evening Primrose	Wednesday, March 9 Pickfair Park, Spicewood Parkway, Rustic Rock	Thursday, March 10 Trailhead Park, Mellow Meadow, Hunters Chase
B	Tuesday, March 15 Pickfair Park, Spicewood Parkway, Rustic Rock	Wednesday, March 16 Yaupon, Dianella, Mountain View Park, Evening Primrose	Thursday, March 17 Trailhead Park, Mellow Meadow, Hunters Chase
A	Tuesday, March 22 Yaupon, Dianella, Mountain View Park, Evening Primrose	Wednesday, March 23 Pickfair Park, Spicewood Parkway, Rustic Rock	Thursday, March 24 Trailhead Park, Mellow Meadow, Hunters Chase
B	Tuesday, March 29 Pickfair Park, Spicewood Parkway, Rustic Rock	Wednesday, March 30 Yaupon, Dianella, Mountain View Park, Evening Primrose	Thursday, March 31 Trailhead Park, Mellow Meadow, Hunters Chase